

Women's Step Study

OBJECTIVE:

- To achieve an effective understanding of the Cornerstone Twelve Step Recovery Process.
- To learn, in conjunction with your sponsor, how to apply the Twelve Step recovery process to yourself rather than on your child.
- This is NOT a substitute for working The Twelve Steps with your sponsor. It is important to continue that work.

SHARED EXPECTATIONS:

- Must have a sponsor and continue working with them.
- Commit to regular attendance each week of the Step Study.
- Commit to arriving on time. We will start the meeting *promptly* at 8:50 am on every Saturday beginning August 16th thru (and including) December ___ 2008, except for any Saturdays that we schedule to not meet). We will end at 10:00 am.
- Share responsibility for time management. Everyone needs their turn to share.
- Commit to completing readings and assignments.
- Be willing to share each meeting (5 minutes).
- The Parent Twelve Step Worksheets on the Cornerstone Website are intended for working with your sponsor and NOT considered part of the Step Study curriculum.

- If you're going to be late or absent please let one of the team leaders know ahead of time.